## Advantages Of POEDECES For Children And Dietary Sources

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**Benefits** 

Boosts immunity





Helps treat diarrhea and constipation

Prevents urinary tract infections



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	Reduces the incidence of gastrointestinal disorders	10/00
	Natural dietary sources	0
	Yogurt	
° ( ( )	Buttermilk	. 0
	Pickles	000
	Kefir	0 / 1 0
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Source: https://www.momjunction.com/articles/probiotics-for-kids-types-benefits-dosage-precautions\_00793465/